



- Does your partner blame you for their bad behavior?
- Does your partner threaten to spread rumors about you if you leave?
- Does your partner say nobody else will ever want to date you?
- Does your partner get angry if you speak to other people?
- Does your partner say nobody will love you as much as I do?
- Does your partner get mad at you if you don't call him or her back right away?
- Does your partner threaten to hurt themselves or someone or something you care about if you threaten to leave?

Quiz results
on the inside
left panel

*Guy most
likely to
tell his
girlfriend
what to
wear.*

24-Hour Crisis Hot Line Numbers:

Support Network for Battered Women
800-572-2782 or 408-541-6100

National Domestic Violence Hot Line
800-799-SAFE (7233)

National Youth Violence Prevention Resource Center
866-SAFE-YOUTH (866-723-3968)

Local Crisis Hot Line Numbers:

Next Door Solutions to Domestic Violence
408-279-2962

Community Solutions
408-683-4118



Compliments of

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Are You In A Healthy Relationship?

Take the Teen
Relationship Quiz
and find out!

The Teen Relationship Quiz

- Have you ever been afraid of your partner?
- Does your partner want to know where you are at all times?
- Is your partner jealous of your friends?
- Does your partner choose who you can hang out with?
- Does your partner tell you how to dress?
- Does your partner hold you against your will?
- Does your partner call you late at night to be sure you are at home?
- Does your partner question where you are if he/she calls your cell phone?
- Does your partner not want anyone else to be around when you are together?
- Does your partner always want to be with you?
- Does your partner make you feel guilty?
- Does your partner push or coerce you into sexual activities that you don't want?
- Does your partner ask you the same questions over and over again?
- Does your partner push or slap you when he or she is angry?

Quiz Results

If you answered “yes” to any of these questions you might want to talk to someone who can help you think about your relationship. Abuse can come in many forms, be it physical, emotional or sexual. Read this brochure to find out more information about what to do.

If you answered “no” to all of the questions you are likely to be in a healthy relationship. Just remember that people change and always keep your emotional and physical safety in mind. Be aware that you may have a friend who needs help with a dangerous relationship; you could be the only one there for them.

What is an abusive relationship?

An abusive relationship is when one person tries to intimidate or control the other person. Abuse can be physical, emotional, verbal, financial or sexual. It can happen to anyone of any race, whether you are rich or poor, gay or straight. Both guys and girls can be abusive. Sometimes, it may seem that one person is in charge and making all the decisions. One person may tell the other where they can go or who they can see. But acting jealous and possessive is a sign of control, not love. Being in love shouldn't hurt or make someone feel intimidated or scared. It's NEVER OK to hit, kick, push or threaten someone. It's also wrong to call someone names, to push them into having sex or to manipulate them so they feel scared, inadequate or crazy.

CYCLE OF VIOLENCE



Warning Signs

The guy or girl you care about...

- Is jealous and possessive
- Does not allow you to have other friends
- Checks up on or threatens you
- Is violent or has a history of fighting
- Loses his/her temper quickly
- Brags about mistreating others
- Pressures you for sex
- Is forceful or scary around sex
- Thinks boys/girls are sex objects
- Attempts to manipulate or place guilt by saying, “if you really loved me, you would...”
- Gets too serious about the relationship too fast
- Abuses drugs or alcohol and pressures you to take them
- Blames you for his or her anger...says you provoked it, pressed his or her buttons, made him or her do it, led him or her on
- Says the reason for all past failed relationships was the other person
- Believes that guys should be in control and powerful and that girls should be passive and submissive
- Threatens to hurt themselves or you if a breakup occurs
- Won't accept or honor your decision to end the relationship

Statistics

According to the National Youth Violence Prevention Resource Center:

- 1 in 11 high-school students said they had been physically abused.
- Dating violence among middle school and high school students ranges from 28% to 96%.
- As high as 96% of teens report emotional and psychological abuse in their dating relationships.

Given this information, it is likely that you or someone you know is involved in an abusive relationship.

If you are in an abusive relationship...

- If you are in danger, call 911
- Tell someone you trust
- Seek information and resources (see back panel)
- Don't blame yourself
- Empower yourself to make choices for your well being

If someone you know is being abused...

- Encourage him or her to talk
- Listen and be supportive
- Tell him or her that the abuse is not OK
- Encourage your friend to get help
- Understand that leaving an abusive relationship is difficult and is the most dangerous time
- Remind him or her that abuse doesn't go away, it might even get worse
- Be nonjudgemental
- Don't blame or pressure them to do what you want

Everyone deserves respect!

In a respectful relationship, both people will...

- Respect each other's feelings, opinions and choice of friends
- Feel comfortable just being themselves
- Admit when they're wrong
- Accept that everyone has the right to say no to things they don't want to do (like sex)
- Respect their partner's wishes if they want to break up
- Try to respect conflicts by talking honestly

Girl most likely to be forced to have sex against her will.

Guy most likely to be manipulated by his girlfriend.

Girl most likely to tell her boyfriend who he can hang out with.